

## Vegan red lentil fritters

Learn how to make a delicious plant-based dish – vegan red lentil fritters.

### Tasks

Do the preparation task first. Then watch the video and do the exercises.

### Preparation task

Match the definitions (a–j) with the vocabulary (1–10).

#### Vocabulary

1. ..... protein
2. ..... a batch
3. ..... to drain
4. ..... to grate
5. ..... to peel
6. ..... to chop
7. ..... a chunk
8. ..... to stir
9. ..... to let something set
- 10..... a patty

#### Definition

- a. to cut into small pieces, usually with a knife
- b. to rub against a grater to cut into lots of small pieces
- c. to wait for something to become solid
- d. a piece of food made into a round shape, which is then cooked
- e. a large number of the same food items, made at the same time
- f. a roughly cut piece
- g. a substance in food that the body needs to grow and be strong
- h. to remove the skin of fruit and vegetables
- i. to mix food by moving a spoon in a circle
- j. to remove the liquid from something

**Task 1**

Write a number (1–8) to put the events in the order they are mentioned.

- \_\_\_\_\_ Add chickpea flour, cayenne pepper, paprika and coconut oil.
- \_\_\_\_\_ Let the mixture set.
- \_\_\_\_\_ Cook the red lentils, drain them and put them to one side.
- \_\_\_\_\_ Add the lentils and some salt and then stir the mixture.
- \_\_\_\_\_ Chop the onion and garlic.
- \_\_\_\_\_ Cook the fritters for about 5–10 minutes on each side.
- \_\_\_\_\_ Grate the carrots.
- \_\_\_\_\_ Use your hands to make patties.

**Task 2**

Are the sentences true or false?

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	<b>Answer</b>	
1. The red lentil fritters contain meat protein.	True	False
2. You can make a lot of fritters at once and then eat some later.	True	False
3. Ella peels the carrots.	True	False
4. You need big pieces of onion and garlic.	True	False
5. The chickpea flour is also known as gram flour.	True	False
6. You should make about 24 fritters from the mix.	True	False

**Discussion**

Would you like to try this recipe? What do you like to cook?

## Answers

### Preparation task

1. g
2. e
3. j
4. b
5. h
6. a
7. f
8. i
9. c
10. d

### Task 1

- 4 Add chickpea flour, cayenne pepper, paprika and coconut oil.
- 6 Let the mixture set.
- 1 Cook the red lentils, drain them and put them to one side.
- 5 Add the lentils and some salt and then stir the mixture.
- 3 Chop the onion and garlic.
- 8 Cook the fritters for about 5–10 minutes on each side.
- 2 Grate the carrots.
- 7 Use your hands to make patties.

### Task 2

1. False
2. True
3. False
4. False
5. True
6. False